

EYESIGHT *and* HEALTH



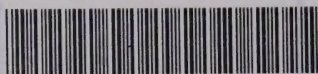
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EYESIGHT AND HEALTH

A MILLION DOLLARS to anyone who will restore my sight," once said, a prominent business man who had become blind. But it was too late. No one could restore the vision that was lost. This shows how valuable to us is our eyesight, and how careful we should be to see that our eyes are kept in good condition

Blindness and Defective Sight.

We pity the blind. For it is a great misfortune not to be able to enjoy things that we can only enjoy when we can see. But there is far more suffering and ill health as a result of poor sight than from total blindness. If you think of the people you know who are blind, you will remember that they are, as a rule, rather happy and contented. But those whose sight is poor, and who do nothing to correct it, may have nervous troubles, and may be sick in other ways.

The eyes are connected with other parts of the body. The cause of many eye troubles is not in the eye itself, but comes from other diseases. On the other hand, poor eyesight may cause illnesses in other parts of the body, and when the eye trouble is corrected, the health improves.

Physical Defects.

Frequently if a child is backward in school, or if it does not stand or sit straight, it may be that his eyes are causing the trouble. In order to see well in the schoolroom he may have to sit in a crooked position. This may develop curves in his spine. It may also make the chest smaller, and not allow the lungs to develop properly.

Headaches.

Many people have bad headaches that are due to eyestrain and often cause poor health. These people should see their

FOR THIS TEST STAND FIF

TYPE

**M E T R O P O L
I N S U R A N C E
L A R G E S T I N
A S K Y O U R A
H E A L T H**

HOLD PAGE ABOUT SIXTEEN IN

TYPE

If you are a Metropolitan Industrial Policy-holder or Group Certificate holder living in a place where we have a Metropolitan Nurse, you may have her services if you are sick enough to need a doctor. Ask your agent about the Nursing Service.

Full directions for using th

EN FEET FROM THE PAGE

MBER I

**T A N L I F E
E C O M P A N Y
T H E W O R L D
G E N T A B O U T
S E R V I C E**

IES FROM EYES FOR THIS TEST

MBER II

As a Metropolitan Policy-holder, you are entitled to the Company's booklets on how to keep well. If you have not received "How to Live Long," "First Aid in the Home," "The Metropolitan Cook Book" and others, be sure to ask your agent for them. He will be glad to see that you get them.

If you are worried about any question relating to Citizenship or Immigration ask your agent he may be able to help you.

test are given on last page

doctor. He will probably send them to a good oculist. If astigmatism or some other trouble is found, and proper glasses are worn, the headaches disappear and the general health improves.

GOOD LIGHT NECESSARY TO GOOD HEALTH.

Keeping our sight is a most important thing. But many people's sight is in danger from poor lighting that could be remedied.

A Good Lighting System.

The best lighting system is that nearest to ordinary daylight. The light should be evenly distributed throughout the room. The method of indirect lighting, by which the light is thrown to the ceiling and reflected throughout the room, is the best. This is now found in many places.

Whatever method of lighting is used, whether in the home, office, factory, or shop, we should see that our eyes are under as little strain as possible.

The Light May Not Be Sufficient.

In homes and factories, especially where gas is still used, there may not be enough light, and the eyes are strained in order to see the work. Even the strongest eyes will suffer and a strong man may become run down.

The Light May Be Badly Placed.

The light may be good, but placed so that there are too many shadows. This is just as bad for the eyes as not enough light.

The Light May Be Too Bright.

Light may be too bright and not properly shaded so that the eyes are in a constant glare. One cannot look at the sun very

long without seeing spots. Glaring electric lights are likely to hurt the eyes in the same way. Bright lights are also uncomfortable and should be properly shaded.

SOME SIMPLE METHODS FOR TESTING FOR DEFECTIVE EYESIGHT.

Place the test page beside a good light, preferably an electric light which is shaded from the eye. Arrange the light so that there will be no shadow on the type. For reading type No. I stand off fifteen feet. Cover one eye with a card or piece of dark paper. Spell out the letters one by one with each eye separately. With normal sight you should be able to read these letters correctly. You may find that one eye is not as good as the other and it may be that one eye is doing the work of both. This simple test will give you an idea of your eyesight *for distance*.

Testing for Reading Vision.

To read type No. II hold the page in the hand with a good light from behind your back thrown on the reading matter. If you can read this type at a distance of from 14 to 16 inches without straining or having the eyes becoming tired, your eyes are normal *for reading*.

Your distance vision may be good, but on reading you have to hold the type farther away from your eyes than usual. In this case you probably need glasses for reading only. If you have to hold the reading type nearer than 14 inches in order to see distinctly you are probably nearsighted and need glasses for distance. In either case consult an oculist.

Remember, that prevention is better than cure, and your eyes are one of your most valuable assets. A little care taken from time to time in watching your eyesight will protect you from many of the discomforts of defective sight. It will also help to prevent many of the more marked eye diseases.

